

LEAN & TONED THIGH EXERCISE PLAN

ACCELERATE YOUR WEIGHT LOSS BY BECOMING MORE ACTIVE. STICKING TO THE **LEAN & TONED THIGH EXERCISE PLAN** WILL ENSURE LEGS TO DIE FOR.

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THIGHS



DUMBBELL LEG CURLS - 3 Sets of 15-20

- Step 1:** Lie flat down on your stomach, rest your head on your folded arms.
- Step 2:** Hold a weight between your feet, keep your tummy tight and your back straight.
- Step 3:** Squeeze your feet together and slowly curl your legs towards your bottom.
- Step 4:** Slowly and controlled lower your legs back down to the starting position.

Targets back of thighs

PLIÉ SQUATS - 3 Sets of 15-20

- Step 1:** Stand with your legs wider than hip-width apart, holding one dumbbell between your two hands palms facing upwards.
- Step 2:** Push your hips back and keep your abs tight throughout the exercise.
- Step 3:** Squat down and slowly pulse up and down for 3 seconds.
- Step 4:** Slowly come back into the start position, and tense your legs on the way up.

Targets inner thighs

OUTER THIGH CIRCLES - 3 Sets of 15-20

- Step 1:** Lie on your side one leg stacked on top of the other, resting your head up on your arm.
- Step 2:** Slowly lift your top leg as high as you can, slowly lower your leg half way and do 1 mini circle, then lower your leg back into the starting position.

Targets outer thighs

DONKEY KICKS - 3 Sets of 20

- Step 1:** Start on all 4's with your elbows on the mat and your tummy tight.
- Step 2:** Slowly kick your leg up, fully extend your leg as high as you can.
- Step 3:** Slowly lower your leg until your knee is just above the ground and kick it back up.

Targets bottom



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Get slim. Start today!

To achieve and maintain your goal weight you must adjust your lifestyle. Kilojoule-controlled diet and healthy exercise programme are essential.

* We ALWAYS recommend talking to your doctor before you start any new exercise routine.